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ABSTRACT

This bibliography on retirement, the first part of a compendium prepared in the Homes for the Aged, Office on Aging, contains citations of over 218 articles, books, and references. The sections of the bibliography are as follows: Bibliography on Retirement (arranged alphabetically)--Journals and Magazines; Other Bibliographies; Attitudes Towards Aging (where to obtain a questionnaire regarding this subject); Other References; General Works on Aging; People Count! (statistics, charts, and tables); Pick a Topic (subject index); and You Were Asking? (additional sources of information). (DB)

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RETIREMENT

A BIBLIOGRAPHY AND SOURCEBOOK

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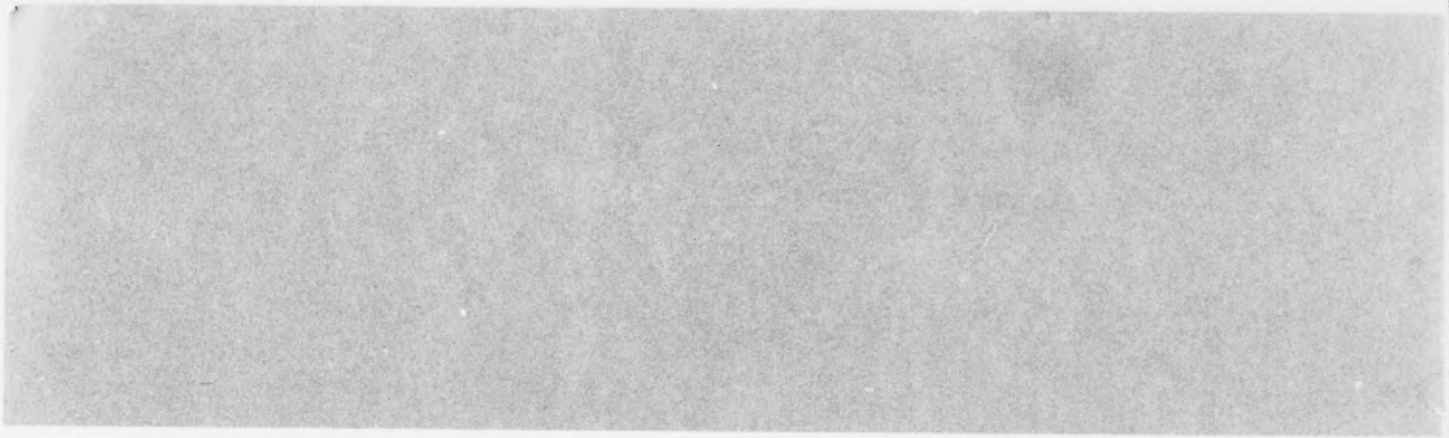

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MINISTRY OF COMMUNITY and SOCIAL SERVICES

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RETIREMENT

and

Preparation
for
Retirement

A
Selected

BIBLIOGRAPHY

and

SOURCEBOOK

Parliament Buildings,
Queen's Park,
Toronto, Ontario, Canada. 1972

PREFACE

Living on into the later years in modern technological society is no cinch. The ancient Greeks' three fates had clearly understood functions for the people of an ordered society who knew who and what they were: when and where they were going. In the social systems of our electronic age in which the only certainty seemingly is the acceleration of change, one's identity and roles are often matters of perplexity. No Ms. Fate intervenes; instead a computer print out **does** "judge a man's worth by the date of his birth" — and retires him at 65 or earlier.

Asking repeatedly Who am I? What am I? Where am I going? has modern man down with a chronic case of old-fashioned "future shock". Not asking sets him back among the beasts: a sort of Fred Flintstone, surrounded with technological gadgetry, and of unquestioning primitive passions. Obviously an oversimplification; but without summarizing a vast literature which now ranges over anomie in present-day society to the rediscovery of self and the emergence of "the individual as an institution," it is a necessary condensation.

What is central to the theme and a raison d'être for this Bibliography, is that *in a time of unprecedented change, our changing pattern of life expectancy frequently fails to match our expectations of life*. From the basic sciences we may confidently anticipate additional advances affecting the prolongation of animal and human life. From the behavioural sciences, social philosophy and political science, we may anticipate complementary developments with somewhat less confidence. We are not, as a matter of public policy, taking sufficient stock of the social implications of increased longevity.

One of the more outstanding viewpoints to emerge from gerontological research findings, is that man can and does learn at all stages of the life cycle. Shifting from a tendency to overstress the **problems** of growing old, a new body of knowledge is gradually being assimilated into everyday culture through the mass media. It recognizes the **potentials** for continued personal growth: recognizes the maintenance of vibrant life styles into old age.

It had been assumed that the roleless role of the retiree in our urban industrial societies was and is a difficult one. Particularly when midwived by an abrupt shift from a work-oriented to an enforced leisure-based setting.

For some groups of persons this may remain true. However, as a generalized concept more definitive research such as the Cornell study of occupational retirement has suggested otherwise. Man, aging man, retains his innate ability to adapt and cope. "Role loss may be a liberation . . . except in the area of income, retirement may be more adaptive than disruptive."

It is to such an issue of the evolving work-life pattern with more and more years of retirement, and of too little preparation for retirement, that we address this Bibliography.

A few years ago we were involved in the development of a policy statement on this subject by the Section on Aging, Ontario Welfare Council. This still stands as a benchmark for such programs across the Province. Endorsement and encouragement of those same principles have come from the First Ontario and Canadian Conferences on Aging, and the Recommendations of both the Senate of Canada and the Ontario Legislative Assembly Committees on Aging. And, more currently, from the "Recommended for Action" reprints of the 1971 White House Conference on Aging.

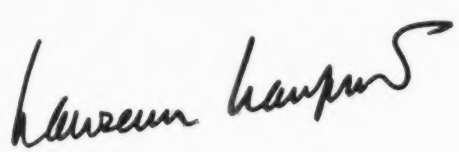
Through our own Ontario Longitudinal Study of Aging (LSA), which is especially concerned with changes in the life situations of a representative sample of middle-aged men, we have taken a strong interest in anticipatory retirement, in the development of attitudes towards retirement.

Following similar studies and a related concern for the practical applications of social gerontology, Sister St. Michael Guinan, Jean Matlow, Sandra McCrindle and the writer, with the aid of summer students Gail Pickels and Elizabeth Hitchcox prepared this Bibliography. It is neither complete nor annotated. We can only trust it will be of some use to those planning programs of preparation for retirement, as well as to professionals wishing to review the literature in more detail.

We also hope that some of the books may become fun reading, opening gateways to novel and enriching experiences for planners and participants alike. For, as Robert Thomas Allen in his **Today is the First Day of the Rest of Your Life**, quotes Henry James:

> "Wherever a process of life communicates an eagerness to him who lives it, there the life becomes genuinely significant. Sometimes the eagerness is more knit up with the motor activities, sometimes with the perceptions, sometimes with reflective thought. But, wherever it is found, there is the zest, the tingle, the excitement of reality."

For himself Allen says, "Every subject comes to life if you dig into it".



Lawrence Crawford,
Director,
Homes for the Aged —
Office on Aging Branch.

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POLICY STATEMENT

Retirement is a fact of life which must be faced by anyone now employed. Technological sciences are advancing at such a rate it is conceivable that very soon one-quarter of one's life span will be lived after full time employment comes to an end.

Some find retirement rewarding. Many others face this period ill-equipped for the change and unable to cope with the problems it brings. How satisfying this period will be depends on many factors. Health, of course, is of utmost importance. Change or loss of status, reduced income, fewer social contacts and possibly a move to a new locality are only some of the factors which can affect the retired.

There are certain needs which are fundamental. Primary of course is the necessity for adequate income to meet necessary expense and ensure an acceptable standard of living. Second is the need for personal discipline and health routines to replace the work routine and maintain activity. Third is the need for social, emotional and intellectual fulfilment.

To meet these fundamentals calls for advance planning. The complexities of the retirement field inspired a study by a special committee of the Section on Aging of the Ontario Welfare Council. Extensive research was done on programs carried out not only in Canada, but also in the United States and in Great Britain. It was found that concern was as great about the retirement of the unskilled laborer and the store clerk as for the executive. Also, that certain forward thinking companies and unions had their own programs.

From #161

FURTHER ACKNOWLEDGEMENTS

This Bibliography is the first part of a compendium prepared in the Homes for the Aged — Office on Aging Branch, Ontario Ministry of Community and Social Services. While "Retirement" is the first topic to be published, other areas are in process of being completed. In addition to the persons named in Mr. Lawrence Crawford's Preface, the Co-ordinating Editor, Sister St. Michael Guinan, has received assistance from Miss Jean Matlow; Mr. Hugh Ellis; Mr. R. Kreem; Rev. J. Elliott MacGuigan, S.J., Ph.D.; Dr. Angus McKillop; Rev. Michael Sheehan, C.S.B., Ph.D.; Mrs. Myra Smithies; Miss S. Weir; Dr. Robert C. Laird and Mr. M. Jarvis, et al.

In Ontario interest in pre-retirement counselling is not new. Among the early proponents from the 1950s on, have been:

- Mrs. Jean Good, formerly with the Division of University Extension, Toronto. Jean Good was a founder and executive director of the former Ontario Society on Aging (now Section on Aging, Ontario Welfare Council);
- Dr. Wilfred G. Scott, with the federal National Employment Service, and an early Canadian Fellow of the Gerontological Society;
- Dr. Elliott Dutton, who will be remembered by Senior Citizens' groups across the Province. "Dutt" provided stimulating leadership as a public servant after he had already retired from a dual career as a dental surgeon and civic politician. He has again "retired" to a new life on the West Coast, but his ideas and enthusiasm still motivate a number of us who were privileged to be his friends and co-workers;
- Morley Zurbrigg; Lincoln Bishop; Miss Hope Holmested; Dr. Foster Vernon; Ian Campbell; Mrs. Frances McHale; Dr. Cope Schwenger, to name but a few others, have devoted much time and interest to this field.

To all of them and our many associates throughout Ontario and Canada, we dedicate this Bibliography. Some of us are just now beginning to see the fruits of previous labours. In 1972 the Youth and Recreation Branch, Ontario Ministry of Community and Social Services, was also able to utilize the considerable talents and enthusiasm of special summer students for new efforts in retirement preparation. Several complementary publications, poster-displays, and community workshops resulted and are now available.

Even more significantly 1972 marked the inauguration of the Ministry of Community and Social Services' own preparation for retirement program, under Personnel Branch Director, John Hunter, with the active encouragement of Assistant Deputy Minister Dorothea Crittenden. The opening speaker on October 19th was Marshall McLuhan.

Community Colleges and Boards of Education too are actively entering the field and innumerable locally-initiated programs are springing up. A widespread interest in aging is apparent at many levels. In Ontario SENIOR CITIZENS' WEEK (about the third week in June each year) has over the past two years sparked considerable community activity. Librarians have begun specific book displays and discussion groups. We certainly wish to acknowledge their interest.

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Anne Morrow Lindbergh
"A Period of Second Flowering"
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H. G. Barnett
in "Innovation: The Basis of Cultural Change."

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"To be seventy years young is sometimes far more cheerful and hopeful than to be forty years old."

Oliver Wendell Holmes as quoted by
James A. Michener in his
The Drifters (1971)

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> **"There are indeed books to be read, old books as well as new, and there are experiences to be threshed out to distill what meaning they have while there still is light to read by and intuitions to guide attention."**
>
> **T. V. Smith**
> **"On Being Retired"**
> **from Denise and Williams (eds.)**
> **Retrospect and Prospect (1956).**

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"RECOMMENDATION I

"Society — Through Government, private industry, labor, voluntary organizations, religious institutions, families and older individuals — must exercise its responsibility to create a public awareness of changing life styles and commitments in a continuous life cycle. Together they should discover and implement social innovations as vehicles for older persons to continue in, return to, or assume roles of their choice. These innovations should provide meaningful participation and leadership in Government, cultural activities, industry, labor, welfare, education, religious organizations, recreation and all aspects of volunteer services.

Implementation — Programs at Federal, State and local levels which provide opportunities for community service by older persons should be strengthened and expanded.

Mechanisms should be developed for continuing the work of successful demonstration programs, until such programs become unnecessary or self-sustaining.

Older people should not be further isolated. Attention must be paid to making opportunities for community service accessible as well as available to all older persons.

"RECOMMENDATION XV

"Employers should be required to supplement pension or retirement income plans with retirement counseling programs, such counseling programs to be submitted to the Internal Revenue Service at the time the pension program is submitted. Both program content and costs for counseling programs would be a part of the total pension package that requires the approval of the Internal Revenue Service."

from #213.
1971 White House
Conference on Aging
"Recommended for Action"

JOURNALS

There are a number of specialist journals or magazines which frequently carry excellent articles and reports on subjects directly related to retirement, preparation for retirement, adult education, health in retirement, activities, social work, etc.

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"... due to automation, specialization, labour saving devices and longer life spans (on average), the individual in tomorrow's society will have more free or uncommitted time than at any other period in the history of mankind. Whether this uncommitted time is to be used in activities of little consequence or in delinquent or anti-social activities, or in a meaningful and satisfying experience is the question of the day."

Hon. William G. Davis, Q.C.
Premier of Ontario,
as Minister of Education to the
Ontario Conference on Recreation, 1966.

OTHER BIBLIOGRAPHIES

There are a number of invaluable bibliographies of wider scope. These are included for added information.

General

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235. A Basic Library of Books on Gerontology, by Professor A. E. David Schonfield, Mary Ancich and Rosalie Vilonyay of the Department of Psychology, The University of Calgary, Alberta, was completed in April, 1969. (35 pages.)

236. Words on Aging, a Bibliography containing selected annotated references, was prepared in 1970 by the Library of the U.S. Dept. of Health, Education and Welfare and may be purchased from the U.S. Govt. Printing Office, Washington, D.C. Included are relevant periodical articles published from 1963 through 1967 and selected books from 1900 through 1967, with a few 1968 titles. (169 pages.)

237. More Words on Aging, Supplement — 1971 to Words on Aging brings that work up to date by covering the books, periodical articles and pamphlets published in the years 1968-1970 inclusive.

Retirement

Among bibliographies on the subject of retirement are the following released by the National Council on the Aging, 1828 L Street, N.W., Washington, D.C.

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Specifically Canadian

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A work which, while not specifically on aging or retirement, covers the diversity of the Canadian people and the rich mosaic of Ontario's current population including the aging of many cultural backgrounds, is

245. Canadian Ethnic Groups Bibliography, by Ontario Ministry of Community and Social Services, Citizenship Branch **and** Andrew Gregorovich. Ontario Govt. Bookstore, Toronto, Ont., 1972.

LEISURE

As stated in the further acknowledgements, this is one of a series of bibliographies. However, before the remaining issues appear we consider it essential that we link "Retirement" with a few basic works on "Leisure". Obviously these are only a fraction of the vast literature to hand, but we trust readers will find them of value. Refer also Donahue et al, #63, and Kleemeier's **Aging and Leisure**, #119.

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HOW DO **YOU** FEEL ABOUT AGING?

Attitudes towards aging can be determined with the OPINIONS ABOUT PEOPLE — Form A — Guidelines with Manual developed jointly by:

Section on Aging — Ontario Welfare Council
22 Davisville Avenue, Toronto, Ontario M4F 1E9
&
Ontario Ministry of Community and
Social Services,
Homes for the Aged — Office on Aging Branch,
5th Floor, Hepburn Block,
Parliament Buildings, Queen's Park,
Toronto, Ontario M7A 1G7.

Write either agency for more information. Free copies for use with any group planning a program on aging or pre-retirement counselling. The material is also a useful "opener" for in-depth discussion of this important social issue.

There is also a slide presentation on this topic, "Attitudes on Aging", prepared by the Ministry's Communications Branch for the Homes for the Aged — Office on Aging Branch and the Province.

From other coming bibliographies, we might cull additional areas of direct interest to those preparing for, or in, retirement:

NUTRITION

257. Davies, Louise. **Easy Cooking for One or Two**, from Retirement Cookery Classes & the Geriatric Nutrition Unit, Queen Elizabeth College, London University. Penguin Books, 1972.

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DEATH & DYING

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GENERAL ORIENTATION TO "AGING"

In addition to several general works already cited in the main Bibliography on Retirement (e.g. #s 1, 17, 21, 24, 28, 31, 51, 117, 149, 174, 181, 197, and 206, among them), we recommend the following for further orientation and study:

261. Birren, J. E., ed. **Handbook of Aging and the Individual: Psychological and Biological Aspects.** Chicago: University of Chicago Press, 1960.

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263. Riley, Matilda White; Johnson, Marilyn E.; and Foner, Anne. **A Sociology of Age Stratification.** New York: Russell Sage Foundation, 1972.

Includes essays by John A. Clausen, Robert K. Merton, Talcott Parsons, et al . .

264. Riley, Matilda White; Riley, John W. Jr.; Johnson, Marilyn E.; and Associates. **Aging and the Professions.** New York: Russell Sage Foundation, 1969.

This book contains specialized interpretations of the authors' earlier Inventory (refer #174) for several fields concerned with meeting the needs of older persons, including —

Aging and the Field of Education by Lowell Eklund;
Aging and Mass Communication by Wilbur Schramm;
Aging and the Field of Medicine by Louis Lasagna;
Aging and the Law by Merton C. Bernstein;
Aging and the Field of Social Work by Robert Morris;
Aging and Manpower Development by Harold L. Sheppard;
Aging and the Field of Nursing by Doris R. Schwartz;
Aging and the Ministry (Religion) by Phillip E. Hammond; etc., etc.

LATE ENTRIES

265. Corrick, Frank. **Preparing For Your Retirement Years.** A question and answer guide. New York: Pilot Books, 1972.

266. Holter, Paul. **Guide to Retirement Living.** New York: Rand McNally, 1972. Facts on more than 1,000 RET. facilities of all types in the U.S.A.

267. Rose, Charles L., and Mogey, John M. "Aging and Preference For Later Retirement." **Aging and Human Development,** III (Feb., 1972), 45-62.

"Many look upon the last half of life chiefly as a period for enjoyment of other sorts: for travel, for social relaxation in the company of their life-time friends; a time for cultivation of all manner of personal idiosyncracies and special tastes, and the pursuit of every imaginable form of recreation; in a word, a time for the leisurely and unperturbed appreciation of the good things of the world which they have helped to create."

Edward Bellamy
"The Enviable Time of Life"
from Looking Backward (1888).

How many older persons are there in Ontario? What is their average age or life expectancy? How significant is the growth rate of the aged in our society? Where and how do they live?

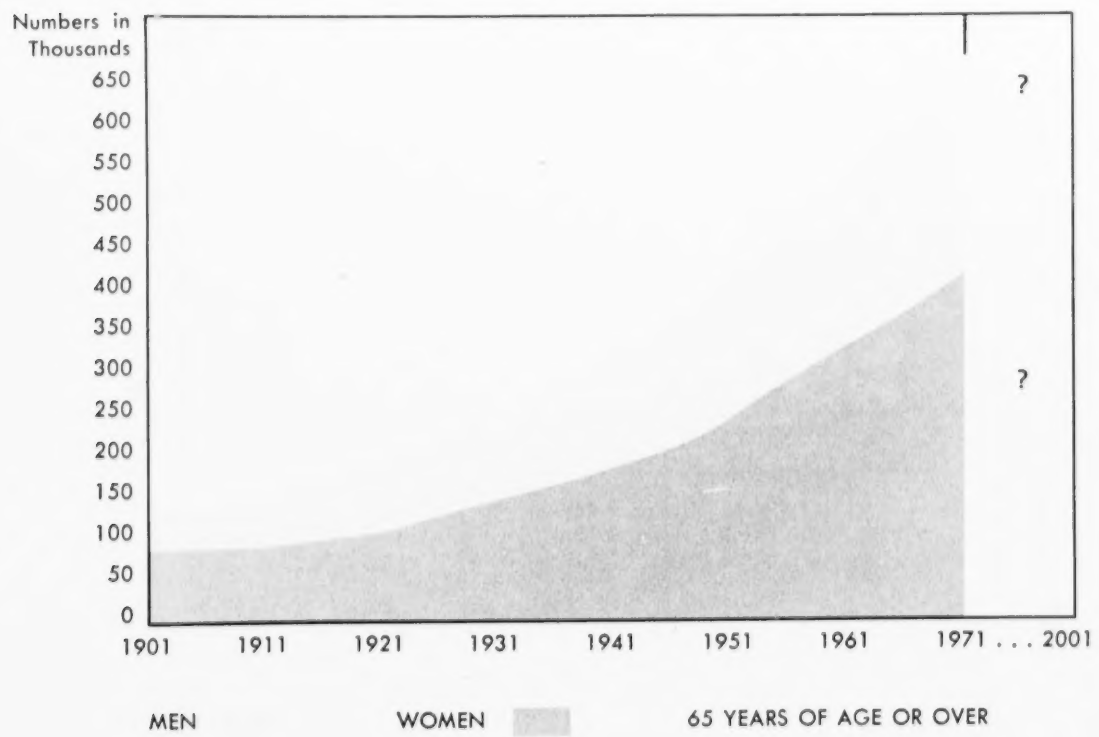
These are essential items of information for those planning programs on retirement. An excellent sourcebook and more detailed study of such demographic material is:

Golant, Stephen M. **The Residential Location and Spatial Behaviour of the Elderly: A Canadian Example.** University of Chicago, Dept. of Geography. Research Paper No. 143, 1972. (Based on Metropolitan Toronto area, Ontario.)

Additional information is obtainable from the Homes for the Aged — Office on Aging Branch, Ontario Ministry of Community and Social Services. There are special tabulations on the percentages of elderly persons for every County and District across the Province. Is your area above or below the overall average of 8.4% for those aged 65 years or older?

CHART I

GROWTH OF THE OLDER POPULATION OF ONTARIO



Source: Data — Census of Canada, 1901-1971. (1971 based on advance information received from Statistics Canada prior to publication.)

Chart format adapted from AoA Pub. No. 146, U.S., H.E.W. Aging, May, 1970.

TABLE 1: CHANGES IN SELECTED AGE GROUPS AND THEIR PROPORTIONATE DISTRIBUTION, ONTARIO POPULATION

(A) 1901 TO 1961:

AGE GROUPS (Years)	Number*		PERCENTAGE DISTRIBUTION — 'D'		
	1901	1961	1901	1961	% Change in 'D' 1901-1961
Under 5	224.8	740.2	10.3	11.9	+15.5
5 to 9	230.6	674.5	10.6	10.8	+ 1.9
10 to 14	229.9	593.0	10.5	9.5	− 1.0
15 to 19	229.8	436.9	10.5	7.0	−33.3
20 to 24	216.0	387.0	9.9	6.2	−37.4
25 to 29	178.6	422.7	8.2	6.8	−17.1
30 to 34	154.9	459.8	7.1	7.4	+ 4.2
35 to 39	144.0	469.3	6.6	7.5	+13.6
40 to 44	127.1	397.3	5.8	6.4	+10.3
45 to 49	104.4	360.8	4.8	5.8	+20.8
50 to 54	89.1	309.8	4.1	5.0	+22.0
55 to 59	70.6	258.3	3.2	4.1	+28.1
60 to 64	62.7	218.5	2.9	3.5	+20.7
65 to 69	47.3	180.1	2.2	2.8	+27.3
70 to 74	34.7	146.3	1.5	2.3	+53.3
75 to 79	21.3	97.7	1.0	1.6	+60.0
80 to 84	11.6	53.5	.5	.9	+80.0
85 and Over	5.7	30.5	.3	.5	+66.6
Total	2,183.1	6,236.2	100.0	100.0	
Under 20	915.1	2,444.6	41.9	39.2	− 6.4
20 to 44	820.6	2,136.1	37.6	34.3	− 8.8
45 to 64	326.8	1,147.4	15.0	18.4	+22.7
60 and Over	183.3	726.6	8.4	11.6	+38.1
65 and Over	120.6	508.1	5.5	8.1	+49.1
70 and Over	73.3	328.0	3.3	5.3	+60.6

* In Thousands.

Source: Census of Canada, 1901, 1961.

Table format adapted from Ontario Legislature Select Committee on Aging Final Report, 1967. (See Entry = 153.)

TABLE 1: CHANGES IN SELECTED AGE GROUPS AND THEIR PROPORTIONATE DISTRIBUTION, ONTARIO POPULATION, continued

(B) 1901 TO 1971:

AGE GROUPS (Years)	Number*		PERCENTAGE DISTRIBUTION — 'D'		
	1901	1971	1901	1971	% Change in 'D' 1901-1971
TOTAL	2,183.1	7,703.1	100.0	100.0	
Under 20	915.1	2,921.8	41.9	37.9	– 9.5
20 to 44	820.6	2,662.3	37.6	34.6	– 8.0
45 to 64	326.8	1,474.6	15.0	19.1	+27.3
60 and Over	183.3	924.5	8.4	12.0	+42.9
65 and Over	120.6	644.4	5.5	8.4	+52.7
70 and Over	73.3	416.6	3.3	5.4	+63.6

* In Thousands.

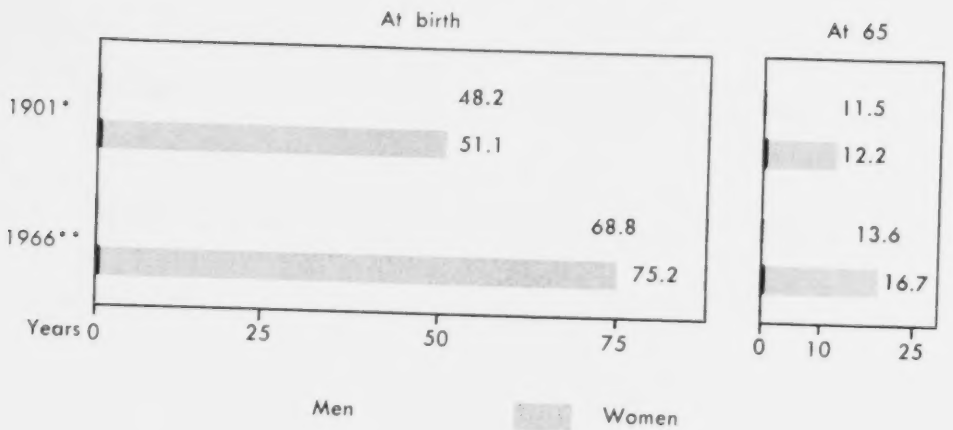
Source: Census of Canada, 1901, 1971.
(1971 based on advance information received from Statistics Canada prior to publication.)

Table format adapted from Ontario Legislature Select Committee on Aging Final Report. 1967. (See Entry = 153.)

"Will you still need me,
will you still feed me,
When I'm sixty-four."

John Lennon and Paul McCartney in
"Sgt. Pepper's Lonely Hearts Club Band"
album, Northern Songs Ltd. and
Capital Records. (1967).

CHART II
LIFE EXPECTANCY — CANADA



Sources: *U.S. figures only — from Ontario Ministry Community and Social Services, Homes for the Aged — Office on Aging Branch Memorandum #11/69 (Table 11), prepared by Lawrence Crawford and Jean Matlow. 1969. (to be reissued, 1973).

**"Gerontological Influences on Health" statistical paper by Dr. Cope Schwenger, School of Hygiene, University of Toronto, (page 6). 1971.

CHART III
OF EVERY 100 OLDER PERSONS IN ONTARIO

43 ARE MEN

57 ARE WOMEN

There are 134 older women to every 100 older men.
The ratio increased from 115 at ages 65 through 69, to more than 172 at age 80 and older.

Source: Census of Canada, 1971.
(Based on advance information received from Statistics Canada prior to publication.)

(Each figure represents 6,444 elderly persons, i.e. 65 years of age or older.)

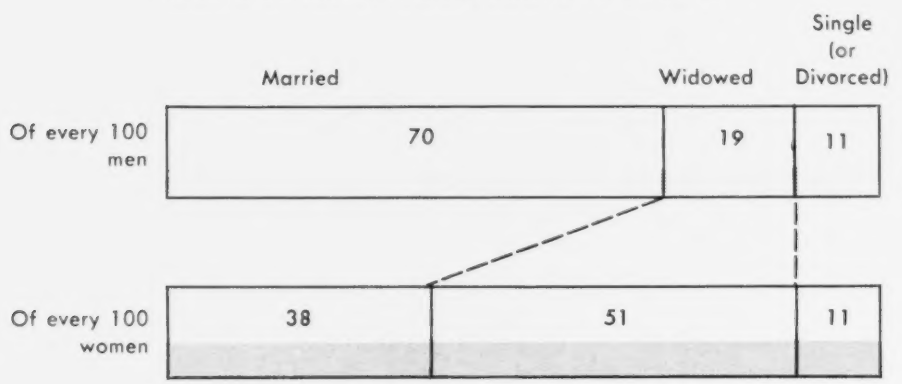
TABLE 2: CHANGES IN AGE GROUPS, ONTARIO POPULATION, 1951-1961, 1961-1971

AGE GROUP	Number*			INCREASE			
				1951 - 1961		1961 - 1971	
	1951	1961	1971	Numerical*	%	Numerical*	%
Under 20	1,555.0	2,444.6	2,921.8	889.6	57.2	477.2	19.5
20 to 44	1,733.8	2,136.0	2,662.3	402.2	23.2	526.3	24.6
45 to 64	908.4	1,147.4	1,474.6	239.0	26.3	327.2	28.5
65 and Over	400.3	508.1	644.4	107.8	26.9	136.3	26.8
Total	4,597.5	6,236.1	7,703.1	1,638.6	35.6	1,467.0	23.5
60 and Over	582.9	726.6	924.5	143.7	24.7	197.9	27.2
70 and Over	245.3	328.0	416.6	82.7	33.7	88.6	27.0

* In Thousands.

Source: Census of Canada, 1951, 1961, 1971.
(1971 based on advance information received from Statistics Canada prior to publication.)

CHART IV
MARITAL STATUS OF OLDER PERSONS IN ONTARIO



Most men 65 years or over are married; most women of that age are widows. (There are over three times as many widows as widowers in this age group.) Even at age 75 or over more than half of the men are married; two-thirds of the women are widows.

Source: Census of Canada 1966. (Statistics Canada Cat. 92 - 613.)

TABLE 3: MEDIAN AGES IN YEARS OF SPOUSES AT SELECTED STAGES OF THE LIFE CYCLE OF U.S. FAMILIES, 1890, 1940 and 1950

Stage of Life Cycle For Family	Median Age of Wife			Median Age of Husband		
	1890	1940	1950	1890	1940	1950
First marriage	22.0	21.5	20.1	26.1	24.3	22.8
Birth of last child	31.9	27.1	26.1	36.0	29.9	28.8
Marriage of last child	55.3	50.0	47.6	59.4	52.8	50.3
Death of one spouse[1]	53.3	60.9	61.4	57.4	63.6	64.1
Death of other spouse[2]	67.7	73.5	77.2	66.4	69.7	71.6

[1] Husband and wife survive jointly from marriage to specified age;

[2] Death of either husband or wife, if last; survive separately from marriage to specified age.

Source: Dr. Paul C. Glick, "The Life Cycle of the Family", in M. S. Sussman (ed.) **Sourcebook in Marriage and the Family**. Boston. Houghton Mifflin Co. 1963.

Note: Significance of Table 3 for aging and retirement is that contemporary middle-aged parents have gained "time together" after their youngest or unmarried children have left home. This reflects not only changes in average or real life expectancy, but also that they first marry at a younger age, have children sooner and in fewer numbers, and because their children in turn leave or marry earlier. The 1950 mother and father were each 9.1 and 7.7 years younger than their great-grandparents' generation in 1890 at marriage of last child .

Spouses live longer together than before. An average married couple in 1890 might have had 31 years together, but with no time spent alone without at least one child at home. Widowhood was extremely probable for either on an average about 2 years before the marriage of the last child. 1950's couple could anticipate 40.3 years together, with nearly 14 of these years in the "empty nest" phase. Optimum and meaningful use of free time, leisure and a rethinking of one's work roles and activities thus become crucial. Other charts and statistics further emphasize the greater expectation a married woman has of becoming a widow in today's world.

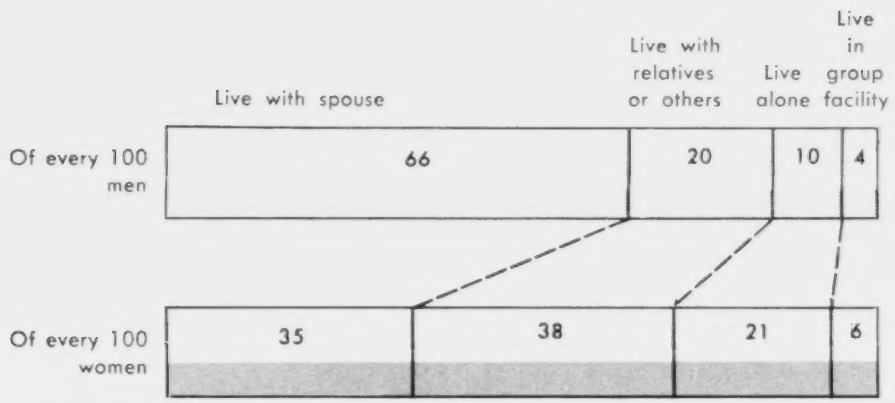
For other information on Family Life in Middle and Old Age, see Lillian E. Troll (Entry =201).

"Retirement, supposed to be a chance to join the winner's circle, has turned out to be more dangerous than automobiles or LSD. Retirement for most people is literal consignment to no-man's land. It is (too often) the chance to do everything that leads to nothing."

Norman Cousins
"Art, Adrenalin, and the Enjoyment of Living"
in Saturday Review, April 20, 1968.

CHART V

LIVING ARRANGEMENTS OF OLDER PERSONS IN ONTARIO



One in 6 persons 65 years of age and over lives alone; almost three times as many older women live alone as do older men. Only one in 20 lives in a group home or other care facility.

Source: Census of Canada, 1966. (Statistics Canada Cat. 93 - 606, 93 - 614.)

TABLE 4: PERCENTAGE OF POPULATION AGED 65 YEARS AND OVER, BY RELATIONSHIP TO HOUSEHOLD HEAD, ONTARIO, 1966

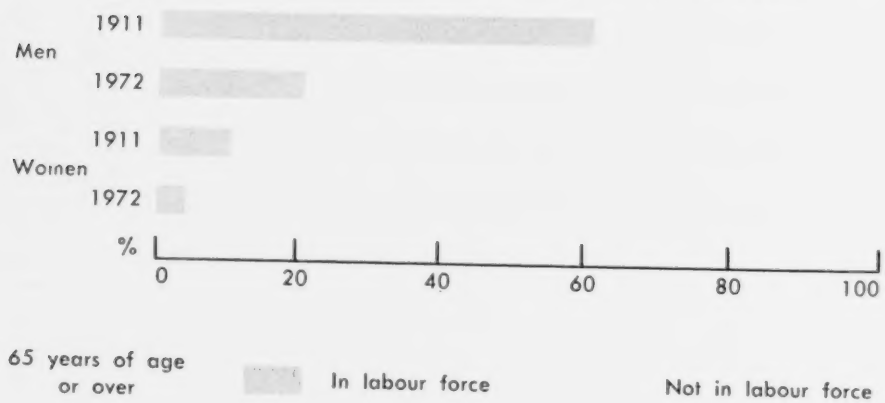
RELATIONSHIP	TOTAL ↓	MALE →	FEMALE →	MALE ↓	FEMALE ↓
	%	%	%	%	%
HEAD	55.8	35.1	20.8	79.5	37.1
WIFE	18.6		18.6		33.3
RELATIVES	(13.7)	(3.8)	(9.8)	(8.7)	(17.4)
FATHER OR MOTHER	4.5	1.3	3.1	3.1	5.6
FATHER-IN-LAW OR MOTHER-IN-LAW	5.7	1.5	4.2	3.3	7.5
BROTHER OR SISTER	2.1	.5	1.6	1.2	2.8
BROTHER-IN-LAW OR SISTER-IN-LAW	.6	.2	.4	.5	.6
OTHER RELATIVES	.8	.3	.5	.6	.9
NON RELATIVES	11.9	5.2	6.8	11.7	12.1
TOTAL	100.0	44.1	55.9	100.0	100.0

(Detail may not add to total because of rounding.)

Source: Census of Canada 1966. (Statistics Canada Cat. 93-614.)

CHART VI

LABOUR FORCE PARTICIPATION OF OLDER PERSONS IN CANADA



In August, 1972, 31.2 per cent of Canadian men aged 65 to 69 were in the labour force, compared with 11.2 per cent of those 70 and over. For women the percentages were 8.2 and 2.4 respectively.

Source: Statistics Canada, Cat. 71 - 001, August 1972, (page 40).
(1911 statistical data from "Historical Statistics of Canada", by M. C. Urquhart and K. A. H. Buckley, Toronto, Macmillan, 1965.)

TABLE 5: PERCENTAGE CHANGE IN NUMBERS OF EMPLOYED PERSONS AGED 65 AND OVER, FOR SELECTED INTERVALS, BY SEX, CANADA

	1956 - 61	1961 - 66	1966 - 71	1961 - 71
	%	%	%	%
MEN	−10.1	− 3.9	−19.3	−22.5
WOMEN	+44.4	+12.8		+12.8

Source: Statistics Canada Cat. 71 - 001, January 1972 (page 45).

"I have observed increased awareness of the basic elements — the sensations of life — come alive in older persons of all talents, colours, shapes and textures as they become free of the encumbrances of daily routine."

Psychiatrist Robt. N. Butler
in "AGE: The Life Review"
Psychology Today, Dec., 1971.

TABLE 8: PERCENTAGE DISTRIBUTION OF POPULATION AGED 65 TO 69, 70 AND OVER BY MAJOR SOURCE OF INCOME, AND AVERAGE INCOME BY MAJOR SOURCE FOR YEAR ENDING MAY 31, 1961, CANADA

SOURCES OF INCOME	MAJOR SOURCE	AVERAGE INCOME
	per cent	$
MEN 65 - 69:		
Income from employment	51.5	4,079
Transfer payments	28.8	1,109
Investment income	4.8	3,660
Retirement pensions and other income	14.9	2,485
TOTAL	100.0	
MEN 70 and over:		
Income from employment	16.7	4,551
Transfer payments	62.0	855
Investment income	9.0	4,148
Retirement pensions and other income	12.3	2,872
TOTAL	100.0	
WOMEN 65 - 69:		
Income from employment	20.1	2,123
Transfer payments	40.4	736
Investment income	29.7	1,357
Retirement pensions and other income	9.8	1,558
TOTAL	100.0	
WOMEN 70 and over:		
Income from employment	3.7	3,063
Transfer payments	83.3	776
Investment income	9.1	3,292
Retirement pensions and other income	3.9	2,361
TOTAL	100.0	

Source: "The Economic Status of the Aging", by Sylvia Ostry and Jenny Podoluk, Dominion Bureau of Statistics/ Statistics Canada, 1965. p. 73. (1961 Census of Canada, unpublished data.)

TABLE 6(a): AVERAGE AND MEDIAN INCOME FOR POPULATION AGED 65 TO 69, 70 AND OVER, CANADA, 1969

1969 data for families and unattached individuals in Canada revealed the following:

	AVERAGE INCOME*	MEDIAN INCOME*
MEN 65 - 69	$5,621	$4,375
70 & OVER	4,330	3,099
WOMEN 65 - 69	3,393	1,979
70 & OVER	3,014	1,854
BOTH SEXES 65 - 69	4,909	3,496
70 & OVER	3,814	2,718

Source: Statistics Canada, Cat. 13 - 544, April, 1972, pp. 41-42.

* These figures will be somewhat higher with the 1972 increases in O.A.S. - G.I.S.

TABLE 7: PERSONS AGED 65 YEARS OF AGE AND OVER RECEIVING GUARANTEED INCOME SUPPLEMENT, CANADA AND ONTARIO, AUGUST, 1972

G.I.S. SUPPLEMENT	CANADA			ONTARIO		
	No.	% ↓	% →	No.	% ↓	% →
PARTIAL G.I.S.	511,127	28.6	(100.0)	185,309	28.2	(36.3)
MAXIMUM G.I.S.	483,674	27.1	(100.0)	127,367	19.4	(26.3)
NO G.I.S.	793,075	44.3	(100.0)	344,492	52.4	(43.4)
TOTAL NUMBER OF PENSIONERS	1,787,876	100.0	(100.0)	657,168	100.0	(36.8)

Source: Canada Dept. of Supply and Services — Departmental Services Office, National Health and Welfare Division, Aug., 1972: Statistics on Old Age Security.

A

Action, Activities/RET.
2, 6, 7, 20, 22, 26, 41, 54, 56, 67, 71, 99, 144, 148, 151, 157, 164, 166, 182, 213, 215, 219, 221, 224.

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Age and Working Capacity
19, 107, 136, 165, 186, 225.

Age(s) at RET.
53, 64, 73, 79, 113, 139, 146, 170, 183, 193, 267.

Aging — Attitudes, etc. to RET.
3, 11, 15, 17, 27, 30, 33, 39, 48, 51, 56, 59, 60, 64, 68, 72, 79, 81, 89, 95, 100, 101, 117, 118, 125, 127, 143, 145, 149, 150, 153, 155, 156, 170, 171, 173, 174, 175, 176, 180, 185, 186, 187, 190, 191, 196, 198, 206, 216, 233, 235, 236, 237, 251, 260, 263, 264.

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111, 120, 121, 123, 126, 127, 128, 132, 134, 135, 137, 140, 142, 180, 260.

B

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C

California
14.

Canadian writings on RET.
2, 32, 35, 36, 46, 57, 58, 65, 74, 75, 76, 87, 91, 92, 93, 94, 95, 138, 139, 152, to 161, 166, 175, 176, 180, 232, 242, 243, 244, 245, 255.

Careers — see Occ. Diffs.

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Church — see Religion

Citizenship
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Cross-national works on RET. — see Canadian, Other, U.S., etc.

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Death & Aging
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E

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Ethnic Groups
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Executive, RET.
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F

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Federal Govt. U.S.
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Flexible Careers, etc. — see Occ. Diffs.

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H

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102.

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I

Income — see Economics or Self-Help

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12, 16, 45, 46, 77, 98, 103, 131, 139, 141, 152, 165, 175, 178, 193, 202, 211, 225, 264.

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L

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45, 46, 58, 71, 103, 131, 136, 165, 180, 198, 205.

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23, 24, 31, 48, 62, 81, 90, 105, 106, 107, 149.

Leisure & RET.
8, 22, 42, 43, 58, 62, 63, 82, 89, 90, 98, 114, 122, 144, 148, 150, 158, 159, 167, 198, 221, 222, 224, 246 to 250.

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Life Style(s) — see Occ. Diffs.

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in Appendix, etc.)

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W

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10, 18, 19, 32, 48, 49, 59, 60, 64, 66, 69, 72, 77, 79, 83, 88, 89, 113, 114, 141, 165, 185, 186, 188, 193, 215, 225.

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Toronto, Ontario

ADDITIONAL SOURCES OF INFORMATION

*Canadian Association on Gerontology
President: Dr. W. F. Forbes, University of Waterloo, Ontario;
Secretary-Treasurer, Miss Lola Wilson, c/o Research, Canada National Health and Welfare, Ottawa, Ontario K1A 0K9.

*Section on Aging, Ontario Welfare Council,
22 Davisville Avenue, Toronto, Ontario M4F 1E9

*Ontario Government Publications — various other Ministries, Commissions, etc.:
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